

# Beets, Beans, & Greens

**Makes:** 6 Servings

## Ingredients

**1/4 cup** lemon juice (or vinegar)  
**1** garlic clove, finely chopped  
**2 teaspoons** mustard  
salt and pepper, to taste (to taste, optional)  
**2 tablespoons** vegetable oil  
**2 cups** sliced cooked beets (can use canned or fresh)  
**1** head of lettuce (washed and torn into pieces)  
**2 cups** cooked beans, rinsed (any kind)

## Directions

1. To make dressing, combine lemon juice, garlic, mustard, oil, salt and pepper (optional) in a large bowl.
2. Place the sliced beets in a small bowl. Toss 1 Tablespoon of the dressing with the beets to coat.
3. Toss the greens and beans with the remaining dressing in the large bowl.
4. Place onto plates and top with beets.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>170</b>	
Total Fat	5 g	8%
Protein	8 g	
Carbohydrates	26 g	9%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	140 mg	6%